

Leisure Times

Spring 2011



Concord
NORTH CAROLINA
PARKS & RECREATION

A message from the director...



BOB DOWLESS

Providing quality programming and services, a safe, aesthetically pleasing greenway and park system is the commitment we make every day to the families and residents of Concord. We take great pride in providing services that enhance quality of life and we strive to make our community a great place to live.

I hope you have the opportunity to get outdoors and walk the greenway, visit one of our parks, experience one of our special events, visit one of our community centers, and participate in a recreational class or program.

The Concord Parks & Recreation Department takes great pride in the community support we receive and want you to know that we are continually working to earn your support. We welcome your comments, questions or concerns. You can reach our office at 704-920-5600 or email us at recreation@ci.concord.nc.us.

"There is no better time to invest in a healthy future than today."

MAYOR AND CITY COUNCIL

Mayor, J. Scott Padgett
City Manager, Brian Hiatt
David W. Phillips – District 1
Jim Ramseur – District 2
Ella Mae Small – District 3
Alfred M. Brown, Jr. – District 4
W. Lamar Barrier – District 5
Hector H. Henry, II – District 6
John A. Sweat, Jr. – District 7



City of Concord Parks & Recreation exists to provide recreation services, parks and facilities that enrich the lives of all residents and promote the opportunity for a healthy lifestyle.

Athletics

YOUTH ATHLETICS BASEBALL, BASKETBALL, SOCCER

4-5 Instructional Division – Designed to introduce players to organized sports. Rules are simplified, team rosters are reduced, and playing season is compacted to allow maximum exposure to in a limited time frame. (All games and practices in this division are on Tues and Thurs nights.)

6-7-8 Division – Begins developing fundamentals for each specific sport. Rules are modified to present the optimum playing experience for novice participants. (Practices are on week nights and games are on Sat.)

9-10 Division – Builds on basic fundamentals of given sport. Rules are slightly modified to present optimum playing experience for participants with limited exposure. (Practices are on week nights and games are on Sat.)

11-12 and 13-15 Divisions – Designed to promote teamwork, sportsmanship and advance fundamental development. No rule modifications. (Practices are on week nights and games are on Sat.)

- Registration available at Academy Recreation Center, Logan Recreation Center and Hartsell Recreation Center 8-5pm during open registration periods.
- Registration available on-line 24/7 during open registration periods @ www.concordparksandrec.org
- Registration fees: \$30 for city residents, \$50 for non-city residents.
- Contact the Athletic Office @ 704-920-5600 for more information.

TIME LINES:

Baseball Open Registration: January; **Playing season:** Apr - June

Soccer Open Registration: June; **Playing season:** Aug - Nov

Basketball Open Registration: September; **Playing Season:** Dec - March



Athletics

COUCH TO 5K CHALLENGE

Activity # 6212.411

City of Concord Parks & Recreation and REFLEX International are taking the wellness program to the next level with the COUCH TO 5K CHALLENGE.

This group training and exercise program does not require any running experience. It is designed to encourage, motivate and challenge the individual to compete with his/her peers. The final goal is to run the Bunny Run 5K on 4/23 (registration fee required). Please register FOR FREE at www.concordparksandrec.org. Certified instructor!

Tuesdays and Thursdays

2/15, ongoing

6:30 p.m.

Registration Fee: \$5 includes a t-shirt

Location: Dorton Park

REFLEX International provides events and competitions designed around health and fitness. Whether you are on your own or part of a group, REFLEX and the Parks and Recreation department can help you and those around you grow and succeed. **Summer Couch to 5K will begin on 5/6/11!**



Road Races



5K BUNNY RUN

Activity # 6000.111

Saturday, April 23

8:30 a.m.

The annual 5K race begins and ends in Les Myers Park, runs on the McEachern Greenway and the new Downtown Connector Greenway. The course is certified. Race Day registration will be from 7:00 – 8:15 a.m.

Pre-registration is \$12

After April 15, cost is \$15

Awards given to overall male and female and to the top three male and female finishers in each age group: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and over. Male and female stroller category available.

Call 704-920-5619 for a registration form or download one from our website.

Online registration is available at www.concordparksandrec.org starting Monday 1/3.

The Bunny Run is also the 5K event for Cabarrus Senior Games. Please contact your Local Games Coordinator for more information.

ONE MILE FUN RUN

Saturday, April 23, 8:00 a.m.

Warm up before the 5K Bunny Run or just run for fun! All ages are invited to run the one-mile McEachern Greenway at no cost. Registration is required.



TENNIS

Known as "the sport of a lifetime", tennis directly impacts a person's health and quality of life. Tennis is a family-friendly sport, which not only provides a great aerobic workout, but also teaches values such as teamwork, sportsmanship, fair play, and discipline.

Contact Tennis Coordinator, Chad Oxendine, AMP Tennis, LLC at 704-806-0909 for all your tennis needs.

www.amptennis.com.

The City of Concord is a member of the USTA.

QUICK START TENNIS

Quick Start Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It is divided into two different levels — ages 5-8 and ages 9 & 10.

Instructor - Chad Oxendine, AMP Tennis, LLC

Saturdays

12:00 pm – 1:00 pm – 5-8 year olds

1:00 pm – 2:00 pm – 9 & 10 year olds

Session I: Activity # 6003.111

3/26, 4/2, 4/9, 4/16 – 5-8 year olds

Session II: Activity # 6004.111

3/26, 4/2, 4/9, 4/16 – 9 & 10 year olds

Session III: Activity # 6005.111

5/7, 5/14, 5/21, 5/28 – 5-8 year olds

Session IV: Activity # 6006.111

5/7, 5/14, 5/21, 5/28 – 9 & 10 year olds

Program resumes in September, 2011

Fee: Group session: \$25; \$5 city resident discount

Per lesson: \$13; \$5 city resident discount

Location: Les Myers Park Tennis Courts 1-6



Coaches and sponsors are needed for all sports!!
Please contact us at 704-920-5618 to discuss opportunities.

Athletics

Golf

2011 ROCKY RIVER GOLF CLUB AT CONCORD

Spring Golf Instruction Schedule
Register at Rocky River Golf Club
Floyd Gragg, PGA Instructor,
704-455-1200 ext: 7,
floyd.gragg@jqh.com or Concord
Parks & Rec. Dept., 704-920-5619,
concordparksandrec.org

FREE BEGINNERS GOLF CLASS

Activity # 6008.111
Video on learning golf & Swing
fundamentals. Limited to first 30
participants to register. Must register
in advance!

Saturday, 3/26
11:00 – 12:00 p.m.
Range Ball Cost: \$8.00

FREE BEGINNERS GOLF CLASS

Activity # 6009.111
Swing fundamentals & Course
Management. Limited to first 30
participants to register. Must
register in advance!
Saturday, 4/2
11:00 – 12:00 p.m.
Range Ball Cost: \$8.00

LADIES SPRING GOLF CLASSES

Activity # 6010.111
(min. 5 ppl)
4/5, 4/12, 4/19, 4/26
5:30 – 7:00 PM
Fee: \$50.00 + range balls
(Concord Residents \$45.00)

JUNIOR GOLF CLASSES (AGE 8-17)

Activity # 6011.111
(min. 5 ppl)
4/7, 4/14, 4/21, 4/28
5:30 – 7:00 PM
Fee: \$50.00 + range balls (Concord
Residents \$45.00)

JUNIOR GOLF CLASSES (AGE 8-17)

Activity # 6012.111
(min. 5 ppl)
5/12, 5/19, 5/26, 6/2
5:30 – 6:30 PM
Fee: \$50.00 + range balls (Concord
Residents \$45.00)



Aquatics

PUBLIC SWIM AT MCINNIS AQUATIC CENTER

Swimming open to the general public. Patrons must
purchase a Privilege Pass ID in order to swim. The Aquatics
Center will open for Memorial Day weekend, Saturday May
28th – Monday, May 30th and will open daily on Friday June
3rd – Saturday August 20th. The pool will be closed Tuesday
May 31st – Thursday June 2nd.

HOURS FOR PUBLIC SWIM:

Mon. – Thurs.: 1:00 – 5:00 pm
Friday: 10:00 am – 11:00 am (SENIOR SWIM ONLY)
Friday: 11:00 am – 6:00 pm
Sat.: 12:00 pm – 7:00 pm
Sun.: 1:00 pm – 5:00 pm

Fees: \$10.00 Individual Privilege Pass (first visit only)
\$5 city resident discount
\$30 Family Privilege Pass (first visit only)
\$15 city resident discount
Daily swim fee:
\$1.50 Youth; \$2.50 adults (each visit)

SWIMMING LESSONS

Group Lessons are offered for ages 3 and up. Lessons are
divided from PreSchool through level 6. More specific
information regarding levels are located on our website at
www.concordparksandrec.org or by calling Ryan Jones at
704-920-5619. Registration will open on **Monday, March 28th**.
We use the American Red Cross Learn to Swim program.
Group lessons will be offered Monday – Thursday morning
and evening with each lesson lasting 2 weeks. Sessions begin
6/6 and end 8/19. No classes the week of 7/4 – 7/8.
Fee: \$40; \$5 city resident discount

Parent/child lessons are for children 18 months through 2
years of age. Parents will be in the water with their children.
Classes meet for 30 minutes Monday – Thursday for one
week.

Fee: \$20; \$5 city resident discount

Individual lessons are also offered and will be scheduled on
an individual basis. They will last 30 minutes. For more
information or to schedule a lesson contact the pool manager
after 6/6 at 704-920-5604.

Fee: \$20; \$5 city resident discount

Adult lessons will be on Tuesdays and Thursdays from
7:00 – 7:45 pm for two sessions; 6/7 – 6/30 and 7/12 – 8/4.
Fee: \$40; \$5 city resident discount



Aquatics

SESSION 1

Level	Dates	Time	Day	Activity #
PreSchool	6/6 - 6/16	5:45	Mon - Thurs	2009.211
1	6/6 - 6/16	5:45	Mon - Thurs	2011.211
2	6/6 - 6/16	5:45	Mon - Thurs	2003.211
3	6/6 - 6/16	5:45	Mon - Thurs	2004.211
4	6/6 - 6/16	5:45	Mon - Thurs	2005.211
5&6	6/6 - 6/16	5:45	Mon - Thurs	2006.211
Adult Lesson	6/7 - 6/30	7:00	Tue & Thur	2067.211

SESSION 2

Level	Dates	Time	Day	Activity #
Parent/Child	6/20 - 6/23	10:45 AM	Mon - Thurs	2013.211
Parent/Child	6/20 - 6/23	5:45 PM	Mon - Thurs	2016.211
PreSchool	6/20 - 6/30	9:15 AM	Mon - Thurs	2008.211
PreSchool	6/20 - 6/30	10:00 AM	Mon - Thurs	2010.211
PreSchool	6/20 - 6/30	11:30 AM	Mon - Thurs	2014.211
1	6/20 - 6/30	9:15 AM	Mon - Thurs	2209.211
1	6/20 - 6/30	10:00 AM	Mon - Thurs	2211.211
1	6/20 - 6/30	5:45 PM	Mon - Thurs	2217.211
2	6/20 - 6/30	9:00 AM	Mon - Thurs	2018.211
2	6/20 - 6/30	10:00 AM	Mon - Thurs	2023.211
2	6/20 - 6/30	10:00 AM	Mon - Thurs	2024.211
2	6/20 - 6/30	11:00 AM	Mon - Thurs	2028.211
2	6/20 - 6/30	11:00 AM	Mon - Thurs	2029.211
2	6/20 - 6/30	5:45 PM	Mon - Thurs	2033.211
2	6/20 - 6/30	5:45 PM	Mon - Thurs	2034.211
3	6/20 - 6/30	9:00 AM	Mon - Thurs	2019.211
3	6/20 - 6/30	10:00 AM	Mon - Thurs	2025.211
3	6/20 - 6/30	11:00 AM	Mon - Thurs	2030.211
3	6/20 - 6/30	11:00 AM	Mon - Thurs	2031.211
3	6/20 - 6/30	5:45 PM	Mon - Thurs	2035.211
4	6/20 - 6/30	9:00 AM	Mon - Thurs	2020.211
4	6/20 - 6/30	10:00 AM	Mon - Thurs	2026.211
4	6/20 - 6/30	11:00 AM	Mon - Thurs	2032.211
4	6/20 - 6/30	5:45 PM	Mon - Thurs	2036.211
5	6/20 - 6/30	9:00 AM	Mon - Thurs	2021.211
5&6	6/20 - 6/30	10:00 AM	Mon - Thurs	2027.211
5&6	6/20 - 6/30	5:45 PM	Mon - Thurs	2037.211
5&6	6/20 - 6/30	9:00 AM	Mon - Thurs	2022.211

SESSION 3

Level	Dates	Time	Day	Activity #
Parent/Child	7/11 - 7/14	10:45 AM	Mon - Thurs	2043.211
PreSchool	7/11 - 7/21	9:15 AM	Mon - Thurs	2038.211
PreSchool	7/11 - 7/21	10:00 AM	Mon - Thurs	2040.211
PreSchool	7/11 - 7/21	10:45 AM	Mon - Thurs	2042.211
PreSchool	7/11 - 7/21	11:30 AM	Mon - Thurs	2044.211
PreSchool	7/11 - 7/21	5:45 PM	Mon - Thurs	2046.211
1	7/11 - 7/21	9:15 AM	Mon - Thurs	2039.211
1	7/11 - 7/21	10:00 AM	Mon - Thurs	2041.211
1	7/11 - 7/21	11:30 AM	Mon - Thurs	2045.211
1	7/11 - 7/21	5:45 PM	Mon - Thurs	2047.211
2	7/11 - 7/21	9:00 AM	Mon - Thurs	2048.211
2	7/11 - 7/21	10:00 AM	Mon - Thurs	2053.211
2	7/11 - 7/21	10:00 AM	Mon - Thurs	2054.211
2	7/11 - 7/21	11:00 AM	Mon - Thurs	2058.211
2	7/11 - 7/21	11:00 AM	Mon - Thurs	2059.211
2	7/11 - 7/21	5:45 PM	Mon - Thurs	2063.211
2	7/11 - 7/21	5:45 PM	Mon - Thurs	2064.211
3	7/11 - 7/21	9:00 AM	Mon - Thurs	2049.211
3	7/11 - 7/21	10:00 AM	Mon - Thurs	2055.211
3	7/11 - 7/21	11:00 AM	Mon - Thurs	2060.211
3	7/11 - 7/21	11:00 AM	Mon - Thurs	2061.211
3	7/11 - 7/21	5:45 PM	Mon - Thurs	2065.211
4	7/11 - 7/21	9:00 AM	Mon - Thurs	2050.211
4	7/11 - 7/21	10:00 AM	Mon - Thurs	2056.211
4	7/11 - 7/21	11:00 AM	Mon - Thurs	2062.211
4	7/11 - 7/21	5:45 PM	Mon - Thurs	2066.211
5&6	7/11 - 7/21	9:00 AM	Mon - Thurs	2051.211

5&6	7/11 - 7/21	10:00 AM	Mon - Thurs	2057.211
5&6	7/11 - 7/21	5:45 PM	Mon - Thurs	2267.211
GuardStart	7/11 - 7/15	9:30 AM	Mon - Fri	2132.211
Adult Lesson	7/12 - 8/4	7:00 PM	Tue & Thur	2068.211

SESSION 4

Level	Dates	Time	Day	Activity #
Parent/Child	7/25 - 7/28	10:45 AM	Mon - Thurs	2074.211
Parent/Child	7/25 - 7/28	5:45 PM	Mon - Thurs	2077.211
PreSchool	7/25 - 8/4	9:15 AM	Mon - Thurs	2069.211
1	7/25 - 8/4	9:15 AM	Mon - Thurs	2070.211
1	7/25 - 8/4	10:00 AM	Mon - Thurs	2071.211
1	7/25 - 8/4	10:00 AM	Mon - Thurs	2072.211
1	7/25 - 8/4	11:30 AM	Mon - Thurs	2076.211
1	7/25 - 8/4	5:45 PM	Mon - Thurs	2078.211
2	7/25 - 8/4	9:00 AM	Mon - Thurs	2079.211
2	7/25 - 8/4	10:00 AM	Mon - Thurs	2084.211
2	7/25 - 8/4	10:00 AM	Mon - Thurs	2085.211
2	7/25 - 8/4	11:00 AM	Mon - Thurs	2089.211
2	7/25 - 8/4	11:00 AM	Mon - Thurs	2090.211
2	7/25 - 8/4	5:45 PM	Mon - Thurs	2094.211
3	7/25 - 8/4	9:00 AM	Mon - Thurs	2080.211
3	7/25 - 8/4	10:00 AM	Mon - Thurs	2086.211
3	7/25 - 8/4	11:00 AM	Mon - Thurs	2091.211
3	7/25 - 8/4	11:00 AM	Mon - Thurs	2092.211
3	7/25 - 8/4	5:45 PM	Mon - Thurs	2096.211
4	7/25 - 8/4	9:00 AM	Mon - Thurs	2081.211
4	7/25 - 8/4	10:00 AM	Mon - Thurs	2087.211
4	7/25 - 8/4	11:00 AM	Mon - Thurs	2093.211
4	7/25 - 8/4	5:45 PM	Mon - Thurs	2097.211
5&6	7/25 - 8/4	9:00 AM	Mon - Thurs	2082.211
5&6	7/25 - 8/4	5:45 PM	Mon - Thurs	2098.211

SESSION 5

Level	Dates	Time	Day	Activity #
Parent/Child	8/8 - 8/11	10:45 AM	Mon - Thurs	2104.211
Parent/Child	8/8 - 8/11	10:45 AM	Mon - Thurs	2140.211
PreSchool	8/8 - 8/18	9:15 AM	Mon - Thurs	2099.211
PreSchool	8/8 - 8/18	10:00 AM	Mon - Thurs	2101.211
PreSchool	8/8 - 8/18	10:45 AM	Mon - Thurs	2103.211
PreSchool	8/8 - 8/18	11:30 AM	Mon - Thurs	2105.211
PreSchool	8/8 - 8/18	5:45 PM	Mon - Thurs	2107.211
1	8/8 - 8/18	10:00 AM	Mon - Thurs	2190.211
1	8/8 - 8/18	9:15 AM	Mon - Thurs	2100.211
1	8/8 - 8/18	10:00 AM	Mon - Thurs	2102.211
1	8/8 - 8/18	11:30 AM	Mon - Thurs	2106.211
1	8/8 - 8/18	5:45 PM	Mon - Thurs	2108.211
1	8/8 - 8/18	9:15 AM	Mon - Thurs	2151.211
1	8/8 - 8/18	9:15 AM	Mon - Thurs	2180.211
2	8/8 - 8/18	9:00 AM	Mon - Thurs	2189.211
2	8/8 - 8/18	9:00 AM	Mon - Thurs	2109.211
2	8/8 - 8/18	10:00 AM	Mon - Thurs	2114.211
2	8/8 - 8/18	10:00 AM	Mon - Thurs	2115.211
2	8/8 - 8/18	11:00 AM	Mon - Thurs	2119.211
2	8/8 - 8/18	11:00 AM	Mon - Thurs	2120.211
2	8/8 - 8/18	5:45 PM	Mon - Thurs	2124.211
2	8/8 - 8/18	5:45 PM	Mon - Thurs	2125.211
3	8/8 - 8/18	9:00 AM	Mon - Thurs	2110.211
3	8/8 - 8/18	10:00 AM	Mon - Thurs	2116.211
3	8/8 - 8/18	11:00 AM	Mon - Thurs	2121.211
3	8/8 - 8/18	11:00 AM	Mon - Thurs	2122.211
3	8/8 - 8/18	5:45 PM	Mon - Thurs	2126.211
4	8/8 - 8/18	9:00 AM	Mon - Thurs	2111.211
4	8/8 - 8/18	10:00 AM	Mon - Thurs	2117.211
4	8/8 - 8/18	11:00 AM	Mon - Thurs	2123.211
4	8/8 - 8/18	5:45 PM	Mon - Thurs	2127.211
5&6	8/8 - 8/18	9:00 AM	Mon - Thurs	2128.211
5&6	8/8 - 8/18	10:00 AM	Mon - Thurs	2118.211

Future Road Races

STREETLIGHT 5K

Activity # 6001.211

Friday, 7/15

6:00 p.m. Pre-registration

7:00 p.m. Fun Run begins

7:30 p.m. 5K begins

Fee: \$12 Early Registration

\$15 After 7/8

DAY OF THE THREAD 5K

Activity # 6002.311

Saturday, 11/5

4:00 pm – Pre-registration begins

5:00 pm – Fun Run begins

5:30 pm – 5k begins

5:30 pm – 10k begins

Fee: 5K: \$12 Early Registration

\$15 After 10/28



FENCING

Charlotte Fencing Academy offers fencing classes that embrace a philosophy centered on the three core values of honor, integrity, and courage. Each student will learn the basic art of fencing and will have the opportunity to enjoy this sport for the rest of their lives. Equipment is provided. Ages 7 and up! Min. 10 participants; max. 16 participants. Instructed by certified and experienced Charlotte Fencing Academy staff.

Fridays, 3/4 - 4/8

4:00 p.m. - 5:00 p.m.

Beginners: Activity # 6008.411

Fee: \$75; \$5 city resident discount

Location: Academy Recreation

Center Get Fit Room

Call Ryan Jones at 704-920-5619

for more information!

Recreation Center & Facilities

The Concord Parks & Recreation Department has three recreation centers: Academy, Hartsell, Logan. Each provides a variety of recreational opportunities to the public. The centers offer billiards, foosball, bumper pool, air hockey, shuffleboard and table tennis. Weight rooms, available to men and women, are equipped with machines, free weights and cardiovascular equipment. The centers also offer free-play in the gymnasiums, including basketball and volleyball. Content / scheduled dates may be subject to change.

Meeting rooms are available to the public. Fee based on usage.

ACADEMY RECREATION CENTER

147 Academy Avenue, NW

Frances Bost, Center Supervisor

704-920-5601

Information for Beverly Hills Park,

Academy Park, Les Myers Park,

J. W. "Mickey" McGee Park,

Harold B. McEachern Greenway and

The Village Greenway

THE SCHIELE MUSEUM

Activity # 1000.411

Through touch, sight, and sound, we will learn about the natural world in our own back yards. Ages 7 – 12. Parent/Guardian must also register with each child.

Monday, 2/21, Pre-register by 2/15

9:00 a.m. – 4:00 p.m.

Fee: \$10

Bring a bag lunch or pay \$4.50 at the museum for your choice of a kid's meal from Jersey Mike's or Kentucky Fried Chicken.

SCIENCE EXTRAVAGANZA

Activity # 1015.111

We're making science fun!

Participants will perform several science experiments including a Bio-fuel Blast, Balloon Rocket Launch and 4-H2O. Ages 9 – 13. No fee.

Monday, 3/28, Pre-register by 3/24

9:30 – 11:30 a.m.

FIT FUN

Come join the fun! Let's dance, jump rope, play a nutrition game and make a healthy snack! No fee.

Thursday, 4/28

Ages 5 – 8: Activity # 1016.111

9:30 – 11:30 a.m.

Ages 9 – 13: Activity # 1018.111

1:30 – 3:30 p.m.

"I CAN" DISCOVERY PLACE (HUNTERSVILLE)

Activity # 1001.411

Join us on an educational extravaganza to explore nine exhibit areas at the "I CAN" Discovery Place Kids in Huntersville, NC. Ages 3 – 8.

Parent/Guardian must also register.

Please bring a bag lunch.

Tuesday, 4/26, Pre-register by 4/11

9:00 a.m. – 4:00 p.m.

Fee: \$10

TRIP TO CONCORD AIRPORT

Activity # 1002.411

We'll go behind the scenes on a tour and see all kinds of airplanes up close and personal. For lunch please bring a bag lunch. We'll stop at Dorton Park for a picnic. Ages 5 -12. Parent/guardian must also register with each child. No fee.

Friday, 4/29, Pre-register by 4/25

9:15 a.m. – 2:00 p.m.

3 ON 3/CO-ED BASKETBALL RALLY

Activity # 1017.111

For boys and girls ages 9 – 11,

12 – 14, and 15 – 17. Come in with teams of three or form a team when you get here. Trophies will be awarded. No fee.

Thursday, 5/12, Pre-register by 5/6

6:00 – 8:00 p.m.

NEEDLER'S LAUGHING GROUP

Activity # 1015.411

For those who are interested in sharing and learning needlework skills, crochet, knitting, tatting, cross-stitch, crewel and more. Ages 18 and up. No fee. Please bring your own supplies.

Wednesdays, 2:00 – 4:00 p.m.

2/2, 2/16, 3/2, 3/16, 3/30, 4/13, 4/27

RECREATION CENTERS HOURS OF OPERATION

Monday-Friday 8:00 a.m. - 8:00 p.m.

Sunday CLOSED

Closed Thanksgiving, Christmas and Easter.

Saturday 12:00 noon - 5:00 p.m.

Holidays 12:00 noon - 6:00 p.m.

Recreation Center & Facilities

ZUMBA BASIC LEVEL 1 & 2

Zumba basic level 1 creates a dynamic, exciting and effective fitness system in a format that combines fast and slow rhythms to tone and sculpt the body. Zumba basic level 2 takes the Zumba Fitness-Party a step further.

Instructor: Alma Alfonso

Mondays & Wednesdays,
6:00 - 7:00 p.m.

Session I: Activity # 1009.411
2/7 - 3/16

Session II: Activity # 1010.111
3/28 - 5/4

Session III: Activity # 1011.111
5/16 - 6/22

Fee: \$2 per class

ZUMBA TONING

This Latin-Inspired dance n' tone program takes the original Zumba Dance-Fitness class to the next level. Created to emphasize muscle work along with rhythms. Also features combination rhythms within the same songs for example, Latin Disco, Reggaeton-Cumbia, Conga-Hip-hop, Merengue Hip-hop, Reggaeton-Belly dance, Techno and Salsa.

Instructor: Alma Alfonso

Mondays & Wednesdays,
7:00 - 8:00 p.m.

Session I: Activity # 1012.411
2/7 - 3/16

Session II: Activity # 1013.111
3/28 - 5/4

Session III: Activity # 1014.111
5/16 - 6/22

Fee: \$2 per class

LOGAN MULTI-PURPOSE CENTER

151 Rone Avenue, SW
Rodney Smith, Center Supervisor
704-920-5603

**Information for Caldwell Park
and W. W. Flowe Park**

SOUTHWEST KARATE ACADEMY

Individuals learn how to defend themselves, get in shape and gain confidence. Instruction for 4 - 10 year olds and 11 years and up.

No fee.

Tuesdays & Thursdays
6:00 - 7:00 p.m. - 4 - 10 year olds
7:00 - 8:00 p.m. - 11 & up

Contact Tony Moody at 704-701-1346 for additional information.

VIBE COMMUNITY TENNIS TUESDAY

Concord Tennis Association, United States Tennis Association and City of Concord Parks and Recreation, have coordinated together to offer FREE tennis lessons to interested children at the Caldwell Park. This program uses the USTA sponsored QuickStart Tennis program, which utilizes special racquets, nets and tennis balls to introduce young players to the sport of tennis.

This program is instructed by a USTA certified tennis instructor, volunteers from Concord High School men's and women's tennis teams and the City of Concord Youth Council. Look for this program to pop up soon in our other recreation centers.

Tuesdays, 3/8 - 5/10
3:30 - 4:00 pm - 4-7 year olds
4:00 - 5:00 pm - 8-11 year olds



HARTSELL RECREATION CENTER

60 Hartsell School Road
Martha Hagood, Center Supervisor
704-920-5602

**Information for Hartsell Park and
James L. Dorton Park.**

WALKING CLASS

Join this walking program that is a serious fat burning, muscle conditioning and stretching all in one. No fee. Will not meet on holidays.

Morning Class: Activity # 1003.411
Monday, Wednesday, & Friday
Continual, 9:15 - 10:20 a.m.

Evening Class: Activity # 1004.411
Monday, Tuesday, & Wednesday
Continual, 5:00 - 6:00 p.m.

HARTSELL KARATE CLUB

The Hartsell Karate Club will teach you how to kick, block, punch and strike. Ages 3 and up.

Instructor: James Reid

Mondays & Wednesdays
6:30 - 8:00 p.m.

Session I: Activity # 1005.411
2/7 - 2/23

Session II: Activity # 1006.411
3/7 - 3/30

Session III: Activity # 1007.411
4/4 - 4/27

Session IV: Activity # 1008.411
5/2 - 5/25

Fee per session:

\$25; \$5 city resident discount

BADMINTON

Badminton is a fun game that will keep you running and moving and a great way to get in shape. Singles and doubles play will be allowed. Ages 10 - 16. No fee.

Thursdays, 5/5, 5/12, 5/19, 5/26
5:00 - 6:00 p.m.

LUV BUG

Make a fun Luv Bug for yourself or for a friend. Ages 6 - 12. Max. 8; min. 2 participants. No fee.

Thursday, 2/10, 5:00 - 5:30 p.m.

TISSUE PAPER BUNNY CRAFT

Hop into spring by making your own bunny with tissue paper. This is a great Easter activity. Limited space so please call to register. Max. 4. Ages 7 - 13. No fee.

Wednesday, 4/20
5:00 - 6:00 p.m.

DOUBLE DUTCH

Beginners can learn the techniques of double dutch. Ages 6 - 17. No fee.

Thursdays, 3/3, 3/10, 3/17, 3/24, 3/31
4:30 - 5:30 p.m.

facebook

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Check out the Concord Parks & Recreation on Facebook

Youth Exercise

YOUTH EXERCISE WITH MICHELLE COLOMBERO

Kids come in all shapes and sizes. The choices they make now as well as the behaviors they learn will last a life time. Instructor Michelle Colombero wants to help make a difference in your child's overall health by teaching and showing them better lifestyle choices.



YOGA BAGODA

Just for 3 – 5 year olds! Bring your tyke for some fun learning creative, expressive poses that will have them feeling happier and confident while encouraging their creative spirit. This age appropriate 45 minute yoga class is perfect for building a healthy and fit lifestyle foundation and it is so much fun! Adult supervision required.

Tuesdays

9:00 – 9:45 am

Session I: Activity #9001.411

1/18 – 2/15

Session II: Activity #9002.411

3/1 – 3/29

Session III: Activity #9003.111

4/12 – 5/10

Fee per 5 week session:

\$20; \$5 city resident discount

Location: Academy Recreation Center



Fitness

A variety of fitness classes are offered. Many of our instructors hold nationally recognized certifications and all have significant training and experience. Minimum of eight participants per class.

GET FIT PUNCH CARD

Activity # 4000.011

The Get Fit Punch Card provides convenience, flexibility and options! Holders of the card may participate in 10 single fitness classes offered by Concord Parks & Recreation Department as long as space is available. The card is good for one year from the date of purchase and must be purchased before attending the first class. Present the Card at class.

Fee: \$40; \$5 city resident discount



FITNASTICS

This low impact class incorporates resistance training with strength exercises using bands and weights. Bands furnished by the instructor. Bring your own 2 lb. weights, mat and water bottle.

Instructor: Vickie Fisher

Tuesdays & Thursdays

9:15 a.m. - 10:15 a.m.

Session I: Activity # 4026.411

2/22 - 3/31

Session II: Activity # 4027.111

4/5 - 5/12

Session III: Activity # 4028.111

5/17 - 6/23

Fee: \$35; \$5 city resident discount

Location: Hartsell Recreation Center

EXERCISE: THE BASICS

Incorporate traditional aerobics and step aerobics with strength training and stretching to create a balanced workout. Bring your own mat, hand weights, and water bottle.

Instructor: Lee Campbell

Tuesdays & Thursdays

5:30 - 6:30 p.m.

Activity # 4029.411

2/15 - 4/28 (7 weeks)

(no class 3/1, 3/3, 3/15, 3/17,

3/29, 3/31, 4/5, 4/7)

Fee: \$40; \$5 city resident discount

Location: Fire Station #8

1485 Old Charlotte Rd

FAMILY FITNESS & FUN

Activity # 6007.111

Are you interested in making your family healthier, but not sure where to start? This program will provide parents and their children with simple, yet exciting, ways to incorporate healthy living into their daily routines. Each session will be different, but will always include fun physical activities that can be replicated at home, a hands-on informational session on healthy living, and a nutritious snack that tastes great! Healthy living topics will include: preparing healthy snacks, being active as a family, eating on the run, and much more. This is a free series offered in collaboration by the City of Concord Parks and Recreation Department and the Cabarrus Health Alliance. You must pre-register at www.concordparksandrec.org

Ages: 8-17 years old (and their parents/guardians) Children must have a parent or guardian present for the entire program.

Maximum # of Participants:

25 (including parents/guardians)

Dates & Location:

Thursday, 3/31 at Dorton Park

Thursday, 4/28 at McGee Park

Thursday, 5/26 at Caldwell Park

Time: 6:00-7:00pm

FIT AND FABULOUS

Stay Fit and Fabulous with this great group of senior adults. Enjoy walking, range of motion strength exercises, and fellowship. Monthly luncheons, local trips, and surprises are included.

Wednesdays, 1/5 - 5/25

10:00 - 11:00 a.m.

Fee: \$10; \$5 city resident discount

Location: Academy Recreation

Center Gymnasium

Fit and Fabulous Outings

February

Lunch at Christo's and Mystery Stop

March

Lunch at Punchy's and shopping at Gibson Mills

April

Intimidator's Stadium

Adult Fitness Classes instructed by Michelle Colombero

All classes are located at Academy Recreation Center, 147 Academy Avenue, unless noted otherwise. Mats and equipment are provided.
Bring a water bottle! Minimum 5; maximum 18 participants per class unless noted otherwise.

PILATES

Improve your core strength, flexibility and balance while building strength without bulk. The workout incorporates bands, weights and fitness balls as well as combining yoga techniques.

Tuesday & Thursday
10:00-11:00 a.m.

Session I: Activity # 4001.411 1/25 – 3/3; NO class 2/22

Session II: Activity # 4002.411 3/8 – 4/14

Session III: Activity # 4003.411 4/19 – 5/26

Monday & Wednesday
7:00 – 8:00 p.m.

Session I: Activity # 4004.411 1/24 – 3/2; NO class 2/21

Session II: Activity # 4005.411 3/7 – 4/13

Session III: Activity # 4006.411 4/18 – 5/25

Fee per 6 week session: \$35; \$5 city resident discount

YOGA

Enjoy the asana (postures), breathing and stretching that will help beginners to intermediate feel flexible and relaxed. Closing will be Savasana and Meditation. Wear comfortable clothes.

Tuesday & Thursday
7:30 – 8:30 p.m.

Session I: Activity # 4007.411 1/25 – 3/10; NO class 2/17 & 2/22

Session II: Activity # 4008.411 3/15 – 4/21

Session III: Activity # 4009.411 4/26 – 6/2

Wednesday & Friday
11:15 a.m. – 12:15 p.m.

Session I: Activity # 4010.411 2/2 – 3/11; NO class 2/18

Session II: Activity # 4011.411 3/16 – 4/22

Session III: Activity # 4012.111 4/27 – 6/3

Fee per 6 week session: \$35; \$5 city resident discount

STABILITY BALL WORKOUT

Have fun rolling on the ball while developing strength and balance! Your chest, shoulders, legs, hips and abs will get a work out. Limited to 10 participants.

Saturdays
8:30 – 9:30 a.m.

Session I: Activity # 4013.411 1/22 – 2/26; NO class 2/19

Session II: Activity # 4014.411 3/5 – 4/9

Session III: Activity # 4015.111 4/16 – 5/21

Session IV: Activity # 4016.111 5/28 – 7/2

Thursdays
6:15 – 7:15 p.m.

Session I: Activity # 4017.411 2/3 – 3/17; NO class 2/17

Session II: Activity # 4018.111 3/24 – 4/28

Session III: Activity # 4019.111 5/5 – 6/9

Fee per 6 week session: \$20; \$5 city resident discount

FLEXIBILITY TRAINING

This class is a great opportunity to discover more about your body, creating a more stretched out feeling. It is designed for the beginner as well as the seasoned athlete. Working on coordination, flexibility, balance and some strength; we'll end our class with some relaxation techniques.

Mondays
10:00 – 11:00 am

Session I: Activity # 4020.411 2/7 – 3/21; NO class 2/21

Session II: Activity # 4021.111 3/28 – 5/2

Session III: Activity # 4022.111 5/9 – 6/20; NO class 5/30

Tuesdays
6:15 – 7:15 pm

Session I: Activity # 4023.411 2/1 – 3/15; NO class 2/22

Session II: Activity # 4024.111 3/22 – 4/26

Session III: Activity # 4025.111 5/3 – 6/7

Fee per 6 week session: \$20; \$5 city resident discount



Trips

Enjoy traveling and leave the driving to us! All trips depart from "The Village" located across from First Assembly on 280 Concord Parkway South in Concord 28027. Please park in the parking lot north of Big Lots, across from Arby's. Plan to arrive 30 minutes before departure for trips. Pre-registration is required.



"BIG RIVER: THE ADVENTURES OF HUCKLEBERRY FINN" WOHLFAHRT HAUS DINNER THEATER

Activity # 7000.111

Wohlfahrt Dinner Theatre is a state-of-the-art German-themed dinner theatre nestled in the beautiful Appalachian mountains of southwest Virginia. Their luxurious 200 seat dinner theatre promises audiences the most unique theatre and dining

experience around. This classic performance will take us down the mighty Mississippi as Huck Finn helps his friend Jim escape to freedom. Propelled by an award winning score from Roger Miller, the king of country music, this jaunty journey provides a brilliantly theatrical celebration of Americana, including songs like "Muddy River, River in the Rain and Watin' For The Light To Shine!" After the performance, we will head back home with a rest stop on the way.

Date: Thursday, 3/24

Fee: \$63 (includes lunch and transportation)

Bus Departs: 9:00 a.m.; Return: 7:00 - 7:30 p.m.

LAZOOM COMEDY BUS TOUR / WESTERN NC FARMERS MARKET, ASHEVILLE, NC

Activity #7002.111

Our first stop will be breakfast at the Cracker Barrel in Hickory. When we arrive at LaZoom Tours you will see

that this is definitely not your mamma's typical tour as LaZoom is Asheville's only rolling comedy tour bus. One of WNC's most unique "things to do," LaZoom's side-splitting odyssey to Asheville's favorite neighborhoods and landmarks spells quirky fun for both first-time visitors and long-term residents. After our one and half hour tour we will go to lunch at Moose Café near the WNC Farmers Market. After lunch you will have time to shop at the Farmers Market. We will stop on our way home for refreshments.

Date: Thursday, 5/12

Fee: \$40 (breakfast, lunch and purchases not included)

Depart: 6:00 a.m.; Return: 6:00 - 6:30 p.m.



MIKE'S SPRING MYSTERY TRIP

Activity # 7001.111

Today you will learn about _____ in _____. Our first stop will be for breakfast at _____. After our delicious breakfast, we will travel to the _____ in _____. We will tour this historic landmark built in the mid-1800's. After our tour will go to the _____, where we will see a _____ and much more. You will then enjoy a great lunch at _____, (Cash only!) Our next stop will be to see the beautiful _____. This one our tour will be something to see at this time of the year. After our tour we will head back home with refreshments and a rest stop on the way!

Date: Thursday, 4/14

Fee: \$22 Plus breakfast, lunch and purchases!

Bus Departs: 6:00 a.m.;

Return: 5:30 - 6:00 p.m.

There will be a breakfast stop!

"WHAT DOES PARKS & RECREATION OFFER OUR SENIORS?... CHOICES!"

City of Concord Parks & Recreation offers a variety of programs to our senior population that stimulate both mind and body, ensuring a healthy and active lifestyle.

The four-mile Downtown Greenway Loop is an excellent opportunity for walking and light exercise on the five Life Trail stations. We also have trails at Dorton Park (1.1 miles), WW Flowe (.75 miles), Village Greenway (.6 miles) to reach all Concord residents and give options for physical fitness.

Concord Parks & Recreation has a long history of offering fun and creative classes to our senior citizens. Fit and Fabulous, our longest standing program, is a workout program for senior females and is taught by our certified fitness instructor.

Other programs opportunities are:

- Arts & crafts classes
- Trips and tours on-going throughout the year
- Adult lap swim and water aerobics at McInnis Aquatic Center
- Each Recreation Center offers treadmill rooms, weight rooms and billiards
- Personal training upon demand by our certified fitness instructor
- Boat rentals at Lake Fisher
- Special interest classes

Please call our Parks and Recreation office at 704-920-5600 or visit our website www.concordparksandrec.org to find the program that meets your needs.



Arts & Crafts

*Due to purchasing of supplies and instructors preparation time,
pre-registration is required for all arts & crafts classes.*

*To receive a full refund you must cancel your registration at least one week prior to your
scheduled class.*

Watercolor, watercolor pencils, colored pencils and fabric painting are instructed by Linda Long, member of National Society of Decorative Painters (NSDP) and Tarheel Decorative Painters. For information about each medium as well as a materials list, contact Linda at 704-938-1420. All classes are held in the Arts & Crafts room at the Academy Recreation Center.



WATERCOLOR PENCILS

Activity # 5000.411

Learn watercolor pencil techniques and create a masterpiece. Min. 6; max. 15 participants.

Wednesday, 2/23

Pre-register by 2/16

9:00 a.m. - 2:00 p.m.

Fee: \$25; \$5 city resident discount

PLUS \$12 materials fee paid to instructor

WATERCOLOR

Activity # 5001.111

Learn the basic techniques of watercolor painting and create a masterpiece.

Min. 6; max. 15 participants.

Wednesday, 3/30

Pre-register by 3/23

Fee: \$25; \$5 city resident discount

PLUS \$12 materials fee paid to instructor

FABRIC PAINTING

Activity # 5002.111

Learning the basics for fabric painting.

Wednesday, 4/27

Pre-register by 4/20

Fee: \$25; \$5 city resident discount

PLUS \$12 materials fee paid to instructor

COLORED PENCIL DRAWING

Learn the basics techniques of colored pencil drawing and create a masterpiece. Min. 6; max. 15 participants.

Session I: Activity # 5008.410

Wednesday, 1/26

Pre-register by 1/19

9:00 a.m. - 2:00 p.m.

Session II: Activity # 5010.111

Wednesday, 5/25

Pre-register by 5/18

9:00 a.m. - 2:00 p.m.

Fee per session:

\$25; \$5 city resident discount

PLUS \$12 materials fee paid to instructor.



LAKE FISHER 2011 SEASON

Lake Fisher is a North Carolina watershed, providing water to Concord residents. Because of this classification rules and regulations govern activities here. Please assist us by following these guidelines. The lake is scheduled to operate boat rentals March 9, 2011 through Saturday, November 12, 2011. This date is subject to change due to water restrictions, special programs or other factors deemed necessary by the City of Concord officials.

Hours of Operation:

Mon. & Tues. closed

Wed. - Sat. 7:00 a.m. - 3:00 p.m.

Sun. 1:00 p.m. - 6:00 p.m.

Boat Rental Fees (per person):

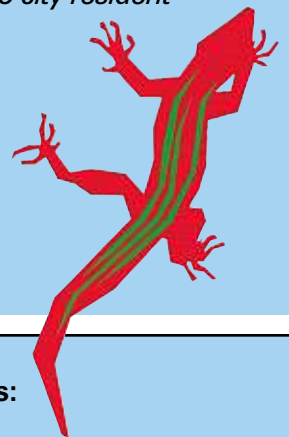
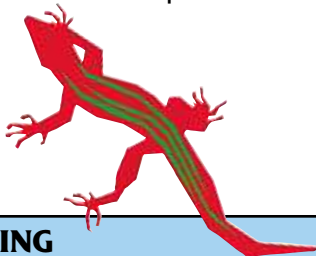
Adult: \$10; \$5 city resident

Senior Citizen (60 or older):

\$8; \$5 city resident

Youth (12 - 16):

\$8; \$5 city resident



QUILTING

Enjoy creating a lifetime keepsake. Open to beginner and intermediate quilters. For a materials list call instructor Peggy Fox, 704-933-2530.

Fee per 8 week session:

\$30; \$5 city resident discount

PLUS materials

Day Class:

Tuesdays

10:00 a.m. - 12:00 p.m.

Session I: Activity # 5004.411

2/8 - 3/29

Session II: Activity # 5005.111

4/12 - 5/31

Location: Academy Recreation Center

Evening Class:

Thursdays

7:00 - 9:00 p.m.

Session I: Activity # 5006.411

2/10 - 3/31

Session II: Activity # 5007.111

4/14 - 6/2

Location: Fire Station #7

250 International Drive N.W.

Special Interest

LINE DANCE

BEGINNER:

Learn some of the most popular line dances: the Electric Slide, the Boot Scootin' Boogie and more. No experience necessary.

Mondays

7:00 - 8:00 p.m.

Session I: Activity # 8004.411

3/7 - 4/25

Session II: Activity # 8005.111

5/9 - 6/20 (no class 5/30)

HIGH BEGINNER:

Not ready to move up or has it been awhile since you've danced? This class is for those with line dance experience including terminology and current dances.

Mondays

6:00 - 7:00 p.m.

Session I: Activity # 8006.411

3/7 - 4/25

Session II: Activity # 8007.111

5/9 - 6/20 (no class 5/30)

DANCE & REVIEW:

Review dances taught in the Beginner and High Beginner Classes and get the opportunity to put what you have learned to practice.

Wednesdays

6:00 - 7:00 p.m.

Session I: Activity # 8008.411

3/2 - 4/20

Session II: Activity # 8009.111

5/4 - 6/22

Register at class. Make checks payable to instructor, Linda Long. Please enter at side door next to the restrooms.

One class per week:

\$30 per session;

\$5 city resident discount

Two classes per week:

\$50 per session;

\$5 city resident discount

Location: C.T. Sherrill Bldg.,
Les Myers Park

Special Interest



RAIN BARREL MAKING 101

Activity # 8000.111

Want to learn how to save water, save money AND help protect local water quality by building your own rain barrel? We'll supply the reclaimed drums, you purchase the materials from our materials list, and we'll help with the construction. Mandy Smith-Thompson, Environmental Educator, will start us off with a short discussion on water conservation before we begin construction. Materials list can be found at

www.concordparksandrec.org

Thursday, 4/28

Pre-register by 4/21

6:00 - 7:30 p.m.

Fee: \$15; *\$5 city resident discount*

Location: Academy Recreation Center

BOOT CAMP IN THE PARK

This outdoor extreme fitness class will focus on all levels of exercise incorporating cardio drills, resistance training with your body weight and core workouts. Meet in the amphitheater for the first class, rain or shine. Medical clearance required for those over 40 years of age. Bring bottled water, mat or towel and a pair of hand weights. Must be 18 years old. Min. 5 participants.

Tuesdays & Thursdays; 8 classes per session

Session I: Activity # 8001.411

3/1 - 3/24

5:30 - 6:30 p.m.

Session II: Activity # 8002.111

4/5 - 4/28

6:00 - 7:00 p.m.

Session III: Activity # 8003.111

5/3 - 5/26

6:00 - 7:00 p.m.

Fee per session:

\$35; \$5 city resident discount

Location: Frank Dusch Amphitheater, Les Myers Park

CAROLINA SHAG DANCE CLASS

Learn the fundamentals of the dance that originated in the Carolinas. Open to singles and couples. Min. 10 participants.

Instructor: Patty Blackmon
Mondays

February Session

2/7, 2/14, 2/21, 2/28

Beginners: Activity # 8010.411

7:00 - 8:00 p.m.

Intermediate: Activity # 8011.411

8:00 - 9:00 p.m.

March Session

3/7, 3/14, 3/21, 3/28

Beginners: Activity # 8012.411

7:00 - 8:00 p.m.

Intermediate: Activity # 8013.411

8:00 - 9:00 p.m.

April Session

4/4, 4/11, 4/18, 4/25

Beginners: Activity # 8014.111

7:00 - 8:00 p.m.

Intermediate: Activity # 8015.111

8:00 - 9:00 p.m.

May Session

5/2, 5/9, 5/16, 5/23

Beginners: Activity # 8016.111

7:00 - 8:00 p.m.

Intermediate: Activity # 8017.111

8:00 - 9:00 p.m.

Location: Fire Station # 7

250 International Drive N.W.

Fee per session:

\$35; \$5 city resident discount



Special Interest



BUNNY BASH AT W. W. FLOWE PARK

Saturday, 4/23

11:00 a.m. – 2:00 p.m.

Egg hunts begin at 12:00 noon. This Spring festival for the entire family includes egg hunts, inflatables, climbing wall, arts & crafts, face painting and a DJ with games and prizes. Just for pre-school age children, the Bunny Trail offers games with Concord Youth Council members dressed as popular fairy-tale and cartoon characters. Remote parking at Central Cabarrus High School with shuttles to and from will be available.
W. W. Flowe Park
99 Central Heights Dr.

EGG HUNTS

Join Concord Parks & Recreation and sponsors for the 2011 Egg Hunts. The fun starts precisely at times listed. Bring your basket to carry home your eggs!

SENIORS' EGGSTRAVAGANZA AT LES MYERS PARK

Wednesday, 4/20

9:30 a.m. - 1:30 p.m.

Co-sponsored by the Department of Aging, Cabarrus Council on Aging and Cabarrus Senior Games. Includes a variety of activities and lunch. Call 704-920-3484 to RSVP for lunch (\$5.00).
Les Myers Park
338 Lawndale Avenue SW



EGG HUNTS AT CALDWELL PARK

Wednesday, 4/20

5:00 p.m.

Pre-school and elementary age egg hunt.
Caldwell Park
362 Georgia St. SW

SENIOR HEALTH AND WELLNESS DAY

Wednesday, 3/9

8:30 a.m. – 2:00 p.m.

Cabarrus Arena & Events Center
This free event includes entertainment, informational displays and exhibits, door prizes, class/activity demonstrations, health screenings, food and fun for older adults. For more information, call the Cabarrus County Senior Center at 704-920-3484.



UNION STREET LIVE

Third Thursday of

May-September

6:00 – 9:00 p.m.

Downtown Concord.
For more information please contact CDDC at 704-920-2787.

SUMMER PLAYGROUND

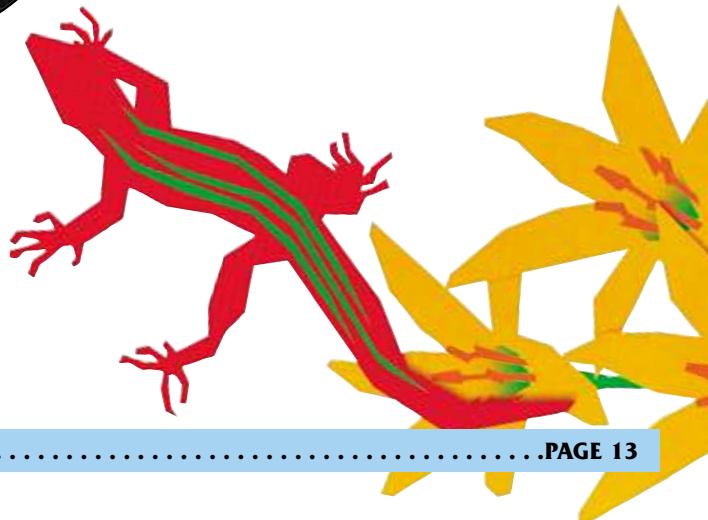
We are gearing up for another summer of day camps: Children 6-10 years for Summer Playground and 11-13 years for Summer GoneAlot program. This 8 week program, begins June 20 and ends August 12. Hours are from 7:30 a.m. until 6:00 p.m.

Summer Playground for children 6 - 10 years will be located at three sites, Caldwell Park, Hartsell Park and Les Myers Park, and will continue with the same action-packed program as in the past.

For children 11 – 13 years who are rising 6th, 7th and 8th graders we offer Camp GoneAlot. This age group will be located at Academy Center and will be on the go! In addition to doing some of the same activities as Summer Playground, such as Carowinds, roller-skating and Emerald Water Park, they will go on field trips two or three days a week. And like last year, they will conduct a community service project. Camp GoneAlot is geared to motivate and stimulate the participant's willingness to learn through field trips and activities.

Registration for new campers will begin on Wednesday, February 9 by ONLINE or WALK-IN registration 8:00 a.m. – 5:00 p.m. The City of Concord resident fee is \$350.00 and the non-city resident fee is \$450.00. A payment of \$100 is required at registration. The fee balance can be made in monthly installments, with the total fee due by June 3. No refunds will be given after June 3.

Please visit our website at www.concordparksandrec.org for more information.



Special Interest



Quick Start Tennis and Couch to 5k Program

On October 27th, 2010 two of the Parks and Recreation Department programs were featured in the Cabarrus Neighbors section of the Charlotte Observer. Lisa Thornton, a freelance writer for the Charlotte Observer, had this to say about these two GREAT Programs:

QuickStart Tennis

Tom Rogers took his girls to the Les Myers Community Park tennis wall, hoping Dinah, 6, and Juno, 4, would fall in love with the game just as he had around their ages.

Minutes into their first lesson, after a bit of advice on grips and swings, their eyes glazed over and the nearby playground beckoned.

"It didn't take long," he said. "They were frustrated."

Rogers thought his dreams of playing regularly with the girls, like he did with his parents, were dashed.

But a new way of teaching tennis to kids, called QuickStart, is taking the frustration away and turning kids like Rogers' on to the game.

Youth tennis is undergoing a major overhaul these days, from rules, to equipment, event to the way the game is taught. The results mean more kids are picking up racquets and a lifelong pastime.

Three lessons into the program, Dinah was slicing the ball with a handsome forehand, and Juno was marveling at her own powerhouse strength.

"I love whacking the ball," she said, after sending it over the net.

With QuickStart, kids 10 and under use low-compression balls that bounce less and smaller, easier to hold racquets. Court dimensions are shorter, nets are lower, and scoring is simpler.

It has made all the difference, said Lara Oxendine, a tennis instructor with AMP Tennis. "The balls are slower. They learn the technique at a slower level. They succeed quicker."

Elizabeth Sparks watches her 9-year old boys Harrison and Robert run the court, adhering to the new light green lines added late summer for youth players.

"As twins, they're so competitive," she said. "This is a good way to channel that."

Sparks learned the traditional way, and is glad her kids have a better option. "At their age, a tennis court probably looks like a football field. It's making it fun for them, so they'll be interested."



Couch to 5k

Chad Roberts slid his arm in the blood pressure cuff at work and waited for the number to settle on the screen. When it flashed 99 for his resting heart rate, he sat up in disbelief.

He knew he his fat-laden meals and no exercise had finally caught up with him.

So he laced up his sneakers and joined others at Concord's Dorton Park for a fitness program he heard was just starting.

Called the Couch to 5k, the program eases beginners into a regimen that takes them from no running experience to being able to finish a 5-kilometer run.

Tommy Snodgrass, a trainer with Reflex International, and organization that promotes healthy living, runs the free program in conjunction with the city parks and recreation department.

"Everybody has a story," said Snodgrass, of the 70 runners who trample to mile-long path that weaves through the park. "The transformation of people is absolutely amazing."

Karen Comer, 43, stretches with the others under the large pavilion as the sun sets. A stay-at-home mom with four kids, she admits to letting herself go a little. "I went from the 5k to the couch," jokes the former runner.

Snodgrass hopes getting adults active will rub off on the kids too.

"If I equip the adult and help them change their lifestyle, that will in turn impact their children."

It worked for Roberts who has lost 22 pounds so far through running and changes in his diet. "I want my son to be impressed by a healthy lifestyle."

The success of the program has been so overwhelming, the city is considering starting it anew

whenever other road races are scheduled in the area.

And the program encouraged Roberts and Comer to sign up for more races after the United Way 5k.

Information regarding these programs can be found on page 3 in this issue of the Leisure Times.

**Concord's Downtown
Greenway Loop --
Quarter mile markers are now
indicated with two
red Lizards at each location.**

Greenway Loop



1/4 Mile Markers

Youth Council



WHAT IS YOUTH COUNCIL?

Concord Youth Council is a service-oriented organization that is comprised of students selected from Cabarrus County high schools. They learn leadership skills and responsibility in the form of programs and community service projects available throughout the year. Meetings are held at 7:00 p.m. two Monday nights each month during the school year. Participation is based on points earned each semester.



WHY JOIN?

Meet people your age from other schools in Cabarrus County, excellent leadership opportunities, cool t-shirts, great memories and have loads of fun!



HOW DO I APPLY?

Now is the perfect time to apply, as the applications are due by May 13. Membership in Concord Youth Council is very competitive! Students entering grades 9 – 11 for the 2011 – 2012 school year may submit an application. Applications can be downloaded from the Youth Council web page on the City of Concord website, www.ci.concord.nc.us. Or you can contact advisor Debbie Littlefield at 704-920-5615 to receive one by snail mail.

CURRENT PROJECTS:

- Bunny Bash
- Community Free Clinic
- Cops & Kids
- Dogs' Day Out
- Krispy Kringle
- Pumpkin Prowl
- Operation: Teddy Bear Drop
- Tree Lighting Ceremony





Registration Process

Registration is on a first-come, first-served basis. Fees are due and payable upon registration. A registration form for our classes is included on the back cover of the brochure. A signed registration form is required for participation in all programs. Please note: Summer Playground, Athletic Programs and Special Events require different registration forms. Please call for the appropriate form or download from our web site at www.concordparksandrec.org

There are three ways you can register for classes or programs with the City of Concord Parks & Recreation Department.

Mail-In Registration: Complete the registration form found below, include payment and mail to:

Concord Parks & Recreation Department
P.O. Box 308
Concord, NC 28026-0308

Online Registration: For your convenience, some classes and programs are now available through online registration. Please visit our web site at www.concordparksandrec.org to see if online registration is available for your class or program. Online registration payment can be made with

your credit or debit card. A user fee is applied to online charge payments.

Walk-In Registration: Complete the registration form found on the back of the brochure and bring with payment to:

Academy Recreation Center
147 Academy Avenue NW
Concord, NC 28025

City Resident Discount: Many of our activities and programs offer discounts to City of Concord Residents due to contributions to the local tax base. If a discount is offered, it is shown as a City Resident Discount, and if applicable, this amount will be deducted from the program fee as indicated. This discount applies to registration fees and not to supplies, materials, equipment, etc.

Not sure if you are a City Resident? You are a resident if you reside within the City Limits of Concord. If you are still not sure please call 704-920-5600.

Please call 704-920-5600 or email us at recreation@ci.concord.nc.us if you have any questions or concerns.

MAILING ADDRESS:

Concord Parks & Recreation
P. O. Box 308
Concord, NC 28026-0308

147 Academy Avenue, NW
Tel. 704-920-5600 · Fax 704-792-1971
www.concordparksandrec.org

Please print

Participant's Name _____

Home Phone _____

Business or Cell Phone _____

Address _____

City _____ State _____ Zip _____

Email _____

Activity/Trip _____

Activity/Trip Site _____

Dates: From _____ To _____

Time: _____ (am/pm) on M T W TH F SAT SUN (Please Circle)

Where did you get your copy of the Leisure Times? School ☐ Newspaper ☐ Mail ☐ Other _____

If anyone needs any reasonable accommodations, please contact the ADA Coordinator within 24 hours at 704-920-5111.

I understand that pre-registration in my class is on a first-come, first-served basis, and that the Concord Parks & Recreation Department, its staff, facilities, and instructors will not be held responsible for any injury or loss that might occur in the course of the program. The department reserves the right to cancel or modify programs due to enrollment, weather or other situations that are deemed necessary. Refunds may be made in cases in which changes in class day, time or site prevent participation. I understand that photographs may be taken during the program for departmental use. Registration fee is enclosed (if applicable).

Registrant's Signature _____

(Parent's signature if registrant is under 18)

Residency (Please check one) City of Concord Resident ☐ Non-Resident ☐

NOTE: City of Concord Resident indicates that participant resides within the City Limits of Concord.

Date _____ Fee Enclosed _____

Please make check payable to City of Concord

CITY OF CONCORD PARKS & FACILITIES

Administrative Office • 704-920-5600
147 Academy Avenue, NW

Academy Recreation Center • 704-920-5601
147 Academy Avenue, NW

Beverly Hills Park • 704-920-5601
631 Miramar Street, NE

Marvin Caldwell Park • 704-920-5603
362 Georgia Street, SW

James L. Dorton Park • 704-920-5602
5790 Poplar Tent Road

Gibson Field • 704-784-2616
or 704-920-5617
321 Misenheimer Avenue, NW

Hartsell Recreation Center • 704-920-5602
60 Hartsell School Road

Hartsell Field Complex • 704-788-9325
or 704-920-5617
30 Swink Street, NW

Hartsell Park • 704-920-5602
65 Sunderland Road

Lake Fisher Reservoir Boat Rentals
704-920-5618 or 704-938-1327
5090 Lake Fisher Road
(Seasonal) March-October

Logan Recreation Center • 704-920-5603
151 Rone Avenue, SW

McAllister Field • 704-786-0157
or 704-920-5617
160 Crowell Drive, NW

Harold B. McEachern Greenway
704-920-5600
Enter at Les Myers Park or
J. W. McGee, Jr. Park

The Village Greenway
704-920-5601
175 Academy Avenue, NW

J. W. "Mickey" McGee, Jr. Park
704-920-5601
219 Corban Avenue, East

John F. McInnis Aquatic Center
704-920-5604 or 704-920-5600
151 Academy Avenue, NW
(Seasonal, May-August)

Les Myers Park • 704-920-5601
338 Lawndale Avenue

Rocky River Golf Club at Concord
704-455-1200
6500 Speedway Blvd.

W. W. Flowe Park • 704-920-5603
99 Central Heights Drive

Webb Field • 704-786-8406
or 704-920-5617
165 Academy Avenue, NW

PARKS HOURS:

April-October

Open daily from 8:00 a.m. until 9:00 p.m.
Lighted field and court facilities
close at 11:00 p.m.

November-March

Open daily from 8:00 a.m. until 7:00 p.m.
Lighted field and court facilities
close at 10:00 p.m.